



Parmesan-Lemon Mahimahi

 Gluten Free

READY IN



50 min.

SERVINGS



30

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon penzey's southwest seasoning italian
- 1 teaspoon juice of lemon fresh
- 1 Tbsp lemon zest
- 48 oz mahimahi skinless
- 0.5 cup mayonnaise
- 3 tablespoons olive oil
- 0.5 cup parmesan freshly grated

- 1 onion red cut into 3/4-inch-thick rounds
- 30 servings salt and pepper
- 2 bell peppers yellow seeds removed 1-inch-thick cut into rounds,
- 3 medium zucchini ends trimmed cut lengthwise into 1 1/2-inch-wide strips

Equipment

- bowl
- whisk
- roasting pan
- grill
- cutting board

Directions

- Preheat grill to medium heat (300F to 350F). Toss zucchini, bell peppers, onion and Italian seasoning with 2 Tbsp. olive oil in a large bowl or roasting pan. Grill vegetables, covered, until just tender but still crisp, 4 to 6 minutes on each side.
- Transfer vegetables to a cutting board and chop into bite-size pieces.
- Whisk balsamic vinegar, 1 tsp. lemon juice, remaining 1 Tbsp. olive oil and 1 tsp. each salt and pepper in a large bowl; add vegetables and toss. Cover and let stand.
- Whisk cheese with mayonnaise, lemon zest and 3 Tbsp. juice.
- Sprinkle fish with salt and pepper and brush with cheese mixture.
- Brush grill grates with oil. Grill fish, covered, until cooked through, 3 to 4 minutes per side for fillets or 6 to 8 minutes per side for steaks.
- Serve with vegetable mixture.

Nutrition Facts

 **PROTEIN 41.78%**  **FAT 50.32%**  **CARBS 7.9%**

Properties

Glycemic Index:5.8, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:6.2100000530481%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 90.83kcal (4.54%), Fat: 5.03g (7.74%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.78g (0.87%), Cholesterol: 35.81mg (11.94%), Sodium: 286.19mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Selenium: 17.11µg (24.44%), Vitamin C: 18.66mg (22.62%), Vitamin B3: 2.94mg (14.72%), Vitamin B6: 0.24mg (11.75%), Phosphorus: 88.01mg (8.8%), Vitamin K: 8.85µg (8.43%), Potassium: 267.55mg (7.64%), Magnesium: 19.78mg (4.95%), Vitamin B12: 0.3µg (4.94%), Vitamin B5: 0.41mg (4.14%), Iron: 0.73mg (4.04%), Vitamin B2: 0.06mg (3.56%), Calcium: 34.91mg (3.49%), Manganese: 0.07mg (3.28%), Vitamin A: 155.18IU (3.1%), Folate: 10.49µg (2.62%), Vitamin E: 0.38mg (2.55%), Zinc: 0.35mg (2.32%), Copper: 0.04mg (2.09%), Fiber: 0.42g (1.69%), Vitamin B1: 0.02mg (1.55%)